

# Growing Healthy Families

BRATTLEBORO DISTRICT OFFICE • Vermont Department of Health, WIC Program  
232 Main Street, Suite 3, Brattleboro, VT 05301 • 1-802-257-2880 or 1-888-253-8805

## WIC2Five

Your kids have you and you have WIC! WIC2Five is a new text messaging service to help your family grow healthy, happy and smart with weekly tips specific to your child's age and stage of development. You'll get health and nutrition information, community events announcements and more! Sign up at your local WIC office, on our Facebook page, or on our website.

<http://healthvermont.gov/wic> or

<http://healthvermont.gov/local/district/Brattleboro.aspx>



WIC2Five

## New Moms' Network

Wednesdays, 9:30–11:00 a.m.  
Brattleboro Memorial Hospital

The New Moms' Network is a free service of the BMH Birthing Center. This program takes place in the Brew Barry Conference Center exercise room on the lower level of the main hospital.

This program is free and open to all new parents, no matter where the baby was born. All area moms invited — pregnant or postpartum! It's a great chance for new parents to network and learn tips from each other.

For more information call Dawn Kersula at 257-8226. Registration is not required.

All activities are FREE  
of charge!

## 2015 Wellness in Windham Health Festival

Saturday, September 19  
11:00 a.m.–2:00 p.m.  
Brattleboro Retreat Lawn  
Linden Street, Brattleboro

You won't want to miss the fourth annual Wellness in Windham Health Festival on September 19th. It's a free, family-friendly event that promises to include lots of interactive activities for all ages, great entertainment, and useful information to help your family live a healthier, more active life. Free parking and admission, prizes and giveaways, an array of exciting, interactive exhibits, free blood pressure and body mass index screenings, kids' activities, and healthy food concessions.

Presented by Brattleboro Memorial Hospital, the Brattleboro Retreat, and Grace Cottage Hospital. Check [www.wellnessinwindham.org](http://www.wellnessinwindham.org) for more information.



## Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting in December, you will shop for all your WIC foods at major supermarkets and smaller grocery stores using the new WIC card.

### More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

### Getting your card

Bring your family to an eWIC Learning Session in September or October 2015 to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates in your September home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the Brattleboro Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

### Ready, set, shop!

Home delivery for Brattleboro District Office WIC families will end the last week of November, 2015. You'll be able to use your new WIC card in authorized stores beginning December 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

## Brattleboro eWIC Learning Sessions

Friday, September 19

11:00 a.m.–3:00 p.m.

River Valley Credit Union Kids Fair  
Brattleboro Common, Brattleboro

Friday, October 2

10:00 a.m.–2:00 p.m.

Vermont Department of Health  
232 Main Street  
WIC Waiting Room

Wednesday, October 7

Noon–4:00 p.m.

Vermont Department of Health  
232 Main Street  
WIC Waiting Room

Wednesday, October 7

9:00 a.m.–3:00 p.m.

St. Mary's in-the-Mountains  
Church  
13 East Main Street, Wilmington

Thursday, October 15

3:00–6:00 p.m.

Vermont Department of Health  
232 Main Street  
WIC Waiting Room

Monday, October 19

Noon–3:00 p.m.

Vermont Department of Health  
232 Main Street  
WIC Waiting Room

Tuesday, October 20

9:00 a.m.–3:00 p.m.

SEVCA  
91 Buck Drive, Westminster

Thursday, October 22

10:00 a.m.–2:00 p.m.

Townshend Public Library  
1971 Vt Rte 30, Townshend

Wednesday, October 28

1:00–4:00 p.m.

Vermont Department of Health  
232 Main Street  
WIC Waiting Room

Learn more at [healthvermont.gov/wic](http://healthvermont.gov/wic)  
or [facebook.com/vdhbrattleboro](https://www.facebook.com/vdhbrattleboro)